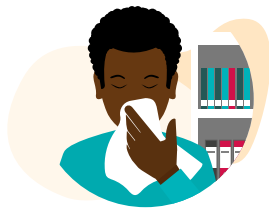


How health workers can stay healthy

DOs ✓



Wash your hands with soap and water for 40 seconds or use an alcohol-based hand rub regularly, especially before and after engaging with each patient.



Practice respiratory hygiene in health facilities by covering your nose and mouth with a tissue or flexed elbow when coughing and sneezing.



Wear protective equipment when performing a special procedure, including a long-sleeved gown, gloves, eye protection and a particulate respirator.



If you develop a dry cough, fever or difficulty breathing after you have provided care to a COVID-19 patient, **report your illness immediately**.

✗ DON'Ts



Don't touch a patient without washing your hands with soap and water for 40 seconds or using an alcohol-based hand rub.



Don't touch your eyes, nose or mouth or eat food without washing your hands.



Don't make contact with a known COVID-19 patient without wearing protective equipment, including a long-sleeved gown, gloves, eye protection and a particulate respirator.



Don't ignore symptoms if you develop them. Inform your workplace and your local health authority if you think you have COVID-19.